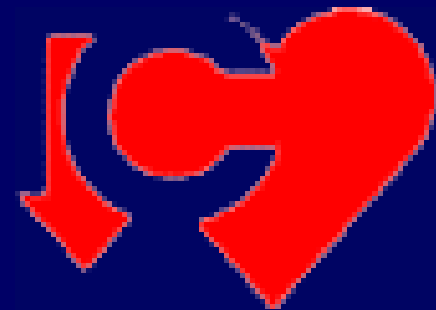


# National Cholesterol Education Program



## Adult Treatment Panel III (ATP III) Guidelines

# Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) (ATP III)

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# National Cholesterol Education Program Coordinating Committee

Agency for Healthcare Research and  
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American Academy of Family  
Physicians

American Academy of Insurance  
Medicine

American Academy of Pediatrics

American Association of Occupational  
Health Nurses

American Association of Office Nurses

American College of Cardiology

American College of Chest Physicians

American College of Nutrition

American College of Obstetricians and  
Gynecologists

American College of Occupational and  
Environmental Medicine

American College of Preventive  
Medicine

American Diabetes Association, Inc.

American Dietetic Association

American Heart Association

American Hospital Association

American Medical Association

American Nurses Association

American Osteopathic Association

American Pharmaceutical Association

American Public Health Association

American Red Cross

Association of Black Cardiologists

Association of State and Territorial  
Health Officials

Centers for Disease Control and  
Prevention

Citizens for Public Action on Blood  
Pressure and Cholesterol, Inc.

Coordinating Committee for the  
Community Demonstration Studies

Health Resources and Services  
Administration

National Black Nurses Association, Inc.

National Cancer Institute

National Center for Health Statistics

National Heart, Lung, and Blood  
Institute

National Medical Association

NHLBI Ad Hoc Committee on Minority  
Populations

Office of Disease Prevention and  
Health Promotion

Society for Nutrition Education

Society for Public Health Education

U.S. Department of Agriculture

U.S. Department of Defense

U.S. Department of Veterans  
Affairs (VA)

U.S. Food and Drug Administration

# National Cholesterol Education Program Reports

- Adult Treatment Panel I (1988)  
Adult Treatment Panel II (1993)  
Adult Treatment Panel III (2001)
- Recommendations for Improving Cholesterol  
Measurement (1990)  
Recommendations on Lipoprotein Measurement (1995)
- Population Strategies for Blood Cholesterol Reduction  
(1990)
- Blood Cholesterol Levels in Children and Adolescents  
(1991)

# New Features of ATP III

## Focus on Multiple Risk Factors

- Diabetes: CHD risk equivalent
- Framingham projections of 10-year CHD risk
  - Identify certain patients with multiple risk factors for more intensive treatment
- Multiple metabolic risk factors (metabolic syndrome)
  - Intensified therapeutic lifestyle changes

# New Features of ATP III (continued)

## Modification of Lipid and Lipoprotein Classification

- LDL cholesterol <100 mg/dL—optimal
- HDL cholesterol <40 mg/dL
  - Categorical risk factor
  - Raised from <35 mg/dL
- Lower triglyceride classification cut points
  - More attention to moderate elevations

# New Features of ATP III (continued)

## New Recommendation for Screening/Detection

- Complete lipoprotein profile preferred
  - Fasting total cholesterol, LDL, HDL, triglycerides
- Secondary option
  - Non-fasting total cholesterol and HDL
  - Proceed to lipoprotein profile if TC  $\geq 200$  mg/dL or HDL  $< 40$  mg/dL

# New Features of ATP III (continued)

## More Intensive Lifestyle Intervention (Therapeutic Lifestyle Changes = TLC)

- Therapeutic diet lowers saturated fat and cholesterol intakes to levels of previous Step II
- Adds dietary options to enhance LDL lowering
  - Plant stanols/sterols (2 g/d)
  - Viscous (soluble) fiber (10–25 g/d)
- Increased emphasis on weight management and physical activity



# **New Features of ATP III** (continued)

## **New strategies for Promoting Adherence**

In both:

- Therapeutic Lifestyle Changes (TLC)
- Drug therapies

# New Features of ATP III (continued)

- For patients with triglycerides  $\geq 200$  mg/dL
  - LDL cholesterol: primary target of therapy
  - Non-HDL cholesterol: secondary target of therapy

Non HDL-C = total cholesterol – HDL cholesterol

# Cost-Effectiveness Issues

- Therapeutic lifestyle changes (TLC)
  - Most cost-effective therapy
- Drug therapy
  - Dominant factor affecting costs
  - Cost effectiveness: one factor in the decision for drug therapy
  - Declining price of drugs: increases cost effectiveness